



Fall 2 2017

GROUP FITNESS

TGIF

Fridays are Fun! Join us in Gym 2 every Friday for a rotation of great classes!

<u>DATE</u>	<u>CARDIO 8:30AM</u>	<u>TONING/STRENGTH 9:00 AM</u>
Nov 3	Danielle Zumba®	Gina Body Sculpt
Nov 10	Sara R.I.P.P.E.D.® (8:30-9:20am)	
Nov 17	Danielle Zumba®	Michaelyn Body Sculpt
Nov 24	Setareh Zumba®	Michaelyn Body Sculpt

<u>DATE</u>	<u>CARDIO 8:30AM</u>	<u>TONING/STRENGTH 9:00 AM</u>
Dec 1	Danielle Zumba®	Cheryl Body Sculpt
Dec 8	Gina Cardio Kickboxing	Gina Body Sculpt
Dec 15	Sara R.I.P.P.E.D.® (8:30-9:20am)	
Dec 22	Camisha Cardio Fun	Kari Kettlebell AMPD®
Dec 29	Kari R.I.P.P.E.D.® (8:30-9:20am)	

